

Snack Mix

Brought to you by Holly Clegg and *Eating Well Through Cancer*

Here's an easy recipe that makes a great snack mix any time of day. Sweet and salty mixes are always a great combo and this mix is addicting!

Makes twenty (1/2-cup) servings

3 tablespoons sesame oil
3 tablespoons honey
1 tablespoon soy sauce
1/2 teaspoon garlic salt
1/2 teaspoon onion powder
4 cups crispy wheat cereal squares
6 cups mini pretzels
1 cup soy nuts
1 cup dry roasted peanuts
1 cup candy-coated chocolate pieces



1. Preheat oven 250°F. Whisk together sesame oil, honey, soy sauce, garlic salt, and onion powder.
2. Toss together cereal squares, pretzels, soy nuts, and peanuts in large bowl. Drizzle oil mixture over cereal mixture, tossing gently to coat.
3. Scatter mixture on a foil-lined jelly roll pan and bake 25 minutes, stirring often to prevent too much browning. Turn off oven and let cereal stay in oven 1 hour to continue crisping.
4. When cool, toss with the chocolate candies. Store in an airtight container for up to one week.

Nutritional information per serving

Calories 242, Protein (g) 8, Carbohydrate (g) 32, Fat (g) 10, Cal. from Fat (%) 37, Saturated Fat (g) 3, Dietary Fiber (g) 3, Cholesterol (mg) 2, Sodium (mg) 400, Diabetic Exchanges: 0.5 very lean meat, 1 starch, 1 other carb., 2 fat

DOC'S NOTES: Good source of calories and eating this snack will encourage one to drink fluids.